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A Contemporary Approach to Substance Use Disorders and Addiction Counseling

Ford Brook, Bill McHenry

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"Written as an introduction to the field of addiction counseling, this text covers the fundamental knowledge, understanding, and skills necessary to counsel people who are struggling with addiction. Drs. Brooks and McHenry provide a straightforward, compassionate, and holistic approach to treatment and recovery, from the major theoretical underpinnings, to assessment and diagnosis, to relapse prevention and spirituality. With a focus on current clinical applications and how-tos, this book is ideal both for master s-level addictions courses and for mental health clinicians.
Topics addressed include cultural and gender issues, including work with LGBT clients; drug classifications and referral; assessment, diagnosis, and interview techniques; the continuum from nonuse to addiction; work in college/university, school, and community/mental health agency settings; developmental approaches in treatment; the role of the family; grief and loss in addiction; group counseling; relapse and recovery; spirituality and support groups; addictions training, certification, and ethics; and the importance of counselor self-care.

Features
A comprehensive review of how addiction occurs, is assessed, and treated
Information on the neurobiological aspects of addiction and important updates related to the DSM-5, trauma, and opiate treatment
Case examples that bring substance abuse and addiction counseling to life
Exploration questions and suggested activities in each chapter"

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